NAS WHIDBEY GYM & FITNESS CENTER

“Given the right lever, a man can move a mountain.”

--Frank Herbert—Author (1920-1986)

Mohammed goes to the Mountain

- ✓**Build them & *they* will come!**
- ✓**THEY are SAILORS and their families and pets ☺**
- ✓***They* – Are Those Too Shy to Go to the Gym.**
- ✓*They* **– Are the De-conditioned and Vulnerable Patients.**

Target Population

1. Who is the quarterback?

2. Who are the running backs??

2. Who are the running backs??

3. Who is the Coach?

NAVY FITNESS
EXERCISE YOUR OPTIONS
STAY HEALTHY

EXERCISE YOUR OPTION

EXERCISE YOUR OPTIONS
STAY HEALTHY • STAY FIT • STAY NAVY

NAVY
FITNESS
EXERCISE YOUR OPTIONS
STAY HEALTHY · STAY FIT · STAY NAVY

NAVY
FITNESS
NAVY
FITNESS

NAVY FITNESS
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NAVY
FITNESS

STOP

XERCISE YOUR OPTIONS
NAVY
FITNESS

NAVY
FITNESS

Why Does Walk it Off Work???

SERIOUS

PLAY

If it's not fun

you're not doing

it right."

—Fran Tarkenton

“BEFORE”

“AFTER”

37 lb loss

Why Else Does It Work???

Walk it off!
Newsday

Size: 39mm

- Raised Shiny Brass
- Recessed Shiny Brass Sandblasted with Matte Finish
- Black
- 186c

- Raised Shiny Brass
- Recessed Shiny Brass Sandblasted with Matte Finish
- 647c

INCENTIVES

- ***ACCOUNTABILITY***
- ***SELF-COMPETITIVE***
- ***PARTNERSHIPS***
- ***TEAMWORK***

PEARL DEPENDER, DIABETES DIRECTOR AND JACI BOUCHARD, BASE DIETICIAN

The End Result????

NAVY
FITNESS

"What creates trust, in the end, is the leader's manifest respect for the followers." — Jim

Questions/Help:

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